

| VIDEO TRAINING RECORD  |                               |                 |
|--|-------------------------------|-----------------|
| <b>VIDEO TITLE</b> Confined Space Entry for Public Works & Construction  | <b>VIDEO ID NUMBER</b> 5-0001 |                 |
| <p style="text-align: center;"><b>KEY TEACHING POINTS OF THE VIDEO</b></p> <p>Confined spaces are determined by one or more of the following:<br/>           Quality of Atmosphere.      Ability to rescue.</p> <p>Never enter a confined space without a permit or permission.<br/>           You must have both a signed permit and permission      Post the permit at the job site</p> <p>Make sure that you are trained on the hazards before you enter a confined space.<br/>           Oxygen deficiency.<br/>               Oxygen levels below 19.5%.      Causes drowsiness.      Impairs mental ability.</p> <p>Carbon Monoxide.<br/>               Use care when using gas or diesel motors around confined spaces.<br/>               Don't allow exhaust into a confined space.</p> <p>If there is an explosive atmosphere avoid:<br/>               Open flames.      Sparking.      Other sources of ignition.</p> <p>Carbon Dioxide (8 - 10% concentrations) can cause:<br/>               Severe headache.      Blurred vision.      Loss of consciousness.</p> <p>Hydrogen Sulfide (Sewer Gas)<br/>               1. One of the most dangerous substances you may face.<br/>               2. Smells like rotten eggs.<br/>               3. Heavier than air.</p> <p>Methane.<br/>               1. Odorless<br/>               2. Causes suffocation by pushing oxygen out of a confined space.<br/>               3. Lighter than air.</p> <p>You often find Methane at the top and Hydrogen Sulfide at the bottom of a confined space. Test the air at all levels before entry.</p> <p>Other hazards commonly found in a confined space:<br/>               Noise levels.<br/>               Heat exhaustion.<br/>               Chemicals.<br/>               Falls from ladders.</p> <p>Review:<br/>               1. Follow all rules and regulations.<br/>               2. Always get permission to enter and have training first.<br/>               3. Leave area immediately if you feel ill.<br/>               4. Never smoke near a confined space.<br/>               5. Always test the atmosphere of a confined space.</p> |                               |                 |
| QUESTION   |                               | ANSWERS         |
|  |                               | TRUE      FALSE |
| 1 You must have both a signed permit and permission before you enter a confined space.   |                               |                 |
| 2 Always test the atmosphere of a confined space.  |                               |                 |
| 3 Atmospheres containing oxygen levels below 19.5% are considered oxygen deficient.  |                               |                 |
| 4 Methane is odorless, lighter than air, and can cause suffocation in a confined space by displacing the oxygen.   |                               |                 |
| 5 Hydrogen sulfide smells like rotten eggs and is heavier than air.  |                               |                 |
| EMPLOYEE'S NAME  | EMPLOYEE'S SIGNATURE          | DATE            |
| INSTRUCTOR'S NAME  | INSTRUCTOR'S SIGNATURE        | DATE            |